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**Subject:** Weekly Compass: March 31, 2021



Weekly Update: 3/31/2021

Welcome to the Weekly Compass, your gateway to information about recent and upcoming ORD activities. If you have ideas for the Weekly Compass, please send them to the editors. To see past issues, visit the Weekly Compass archive on ORD@work.

**Weekly Note from Jennifer**

ORDers—

Today is Transgender Day of Visibility, a day to honor and celebrate the accomplishments of transgender and gender non-conforming people. Please take some time to read this week's Diversity, Equity, and Inclusion post below about what Transgender Day of Visibility is and what it means. You can also read [EPA's policy](#) on providing equal opportunity for all employees and applicants for employment, including transgender and gender non-conforming employees, and maintaining a workplace that is free of discrimination. We want everyone in ORD to feel empowered to be themselves.

Today EPA hosted its Annual Agencywide Meeting on Scientific Integrity via Teams Live. Administrator Regan opened the meeting, affirming once again his commitment to scientific integrity as a core value at EPA. Employees also heard from EPA's Scientific Integrity Official, Dr. Francesca Grifo, who provided updates on scientific integrity at the Agency and details about

EPA's work to implement President Biden's January 27 Memorandum on Restoring Trust in Government Through Scientific Integrity and Evidence-Based Policymaking. Visit the [Scientific Integrity intranet page](#) for more information on the meeting.

Our Board of Scientific Counselors (BOSC) subcommittees are busy this week. The Sustainable and Healthy Communities BOSC subcommittee is hearing about our research on contaminated sites that is being implemented across all of ORD's Centers. The focus is on new and expanded research areas including mine waste, solvent vapor intrusion, leaking underground storage tanks, and lead exposure and remediation. The BOSC Air and Energy Subcommittee will meet on April 2<sup>nd</sup> for deliberation and writing following their February 17 – 19 meeting to review for air quality decisions and next generation methods-wildfire.

Finally, I'm encouraged that more and more of us are getting vaccinated but remind everyone to continue to take safety precautions as the number of COVID positive cases are once again rising. Thank you for your continued dedication to our work.

--Jennifer

## Quick Updates

- **Show off your SciArt for Earth Day!**

To celebrate Earth Day, we'd like to highlight how you express your love of the environment and science through art of any kind (photography, fiber crafts, drawing or painting (traditional or digital), sculpture, ceramics, etc.,) on our public social media channels. In particular, we'd like to showcase art that reflects the White House Earth Day themes of: Science, Environmental Justice and Equity, and Climate. **Submissions due by April 19th.**

Learn more about how to participate on the [Intranet page](#). Questions? Contact [Sara Edwards](#).

- The application deadline for both the [President's Environmental Youth Award](#) and [Presidential Innovation Award for Environmental Educators](#) has been extended to April 30th. Encourage the K-12 students and educators you know to apply!
- **Share Your Work via our @EPARESEARCH Social Media!** Help us tell the ORD story via our [@EPARESEARCH Twitter](#) and [Facebook](#) accounts. To get started, please reach out to Melissa Anley-Mills and Bailey Stearns. They will work with you and your Communications Director to craft social media content that can help tell the ORD story.
- EPA is partnering with the Treasury Executive Institute (TEI) to offer [coaching and learning activities](#) for agency leaders.
- New ORD@Work ELMS pages recently released (VPN required)-check out the [Deployment Projects](#) and [Submitted Ideas](#) pages to see all of the great continuous improvement work going on across ORD.
  - See an already implemented idea on the new [Submitted Ideas](#) page that might work for you or your team? If so, implement it and [submit it](#) as well!
  - Interested in our FY20 ELMS successes and progress towards our FY21 goals? Take a peek at the updated [ORD@Work ELMS Efforts](#) page!
- Upcoming webinars:
  - 4/8, 2:30-4PM ET: [Wildfires and Air Quality Webinar \(Part 1\) - AirNow Fire and Smoke Map](#)

## Faces of ORD: CPHEA's Lindsay Stanek

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## **In the Lab:**

### **CCTE Scientists Publish Paper about Bioaccumulation of Consumer Chemicals**

CCTE's Drs. Lawrence Burkhard, Tylor Lahren, Terry Highland, James Hockett, David Mount and Teresa Norberg-King published a paper in *Archives of Environmental Contamination* titled "Bioaccumulation of Bis-(2-ethylhexyl)-3,4,5,6-tetrabromophthalate and Mono-(2-ethylhexyl)-3,4,5,6-tetrabromophthalate by *Lumbriculus variegatus*." The paper is available [here](#).

### **NAS, Indoor Chemistry Workshop**

As part of the study, *Emerging Science on Indoor Chemistry*, The National Academy of Sciences will hold a virtual workshop on Monday, April 5. The workshop will include feature presentations and discussion of emerging sensor technologies, exposure modeling and other topics relevant to the study of indoor air. ORD scientists Kathie Dionisio (ORD-CSS), Kristin Isaacs (ORD-CCTE) and John Wambaugh (ORD-CCTE) will be presenting as part of the workshop. The NAS study will review the state-of-science on chemicals in indoor air and new scientific research opportunities in the field. More information about the study may be found [here](#).

### **Assisting Thailand Redesign Stormwater Management**

Last week, CESER's Michelle Simon virtually participated in the working meeting, *Green Infrastructure for Water Infrastructure Upgrade for Udon Thani*, alongside members of USAID; Thammasat University, Pathumthani, Thailand; Kasetsart University, Bangkok, Thailand; and Udon Thani water system personnel. The City of Udon plans to redesign their stormwater management program using EPA's Stormwater Management Model (SWMM). Michelle is providing technical support on the use of SWMM by USAID.

### **Microplastics and Nanoplastics Research Published**

CESER's Souhail Al-Abed and Phillip Potter, along with their coauthors, published two papers on micro- and nano-plastics. The first publication, "[Sources, transport, measurement, and impact of nano and microplastics in urban watersheds](#)," is a critical review focusing on sources and analysis of nano and microplastic contamination in urban watersheds. The second publication, "[Isotope ratio mass spectrometry \(IRMS\) and spectroscopic techniques for microplastic characterization](#)," concentrates on the development and standardization of methods for detection of microplastics in surface water to establish their potential environmental and human health risks.

### **BOSC A-E Subcommittee Follow-up Meeting**

The BOSC Air and Energy Subcommittee will meet on Friday for deliberation and writing following their February 17 – 19 meeting to review for air quality decisions and next generation methods-wildfire.

### **BOSC SHC Meeting**

This week, the BOSC Sustainable and Healthy Communities (SHC) Subcommittee will meet to discuss contaminated sites, including mine waste, solvent vapor intrusion, underground storage tanks, and lead.

### **CEMM Scientist Returns from Installing Pandora Spectrometer Instruments**

CEMM's Eric Baumann recently returned from setting up Pandora spectrometer instruments in Pennsylvania and New Jersey. The Pandora spectrometer instruments will measure ozone, nitrogen, dioxide, and formaldehyde in the atmosphere. The instruments are unique since they can measure total column profiles and observe different layers of the atmosphere at once. These spectrometers will support the Photochemical Assessment Monitoring Stations and NASA's

launch of the Tropospheric Emissions: Monitoring of Pollution (TEMPO) satellite. [Read more about EPA research with TEMPO.](#)

#### **CEMM Researcher to Work on Collaborative Ecological Project in Narragansett**

CEMM's Jason Grear will work on a collaborative project with local researchers from University of Rhode Island and Roger Williams University. The project, titled Towards Measuring the Pulse of Narragansett Bay: Applying High Resolution Oxygen Sensors to Quantify Ecosystem Primary Production and Respiration, was recently selected for funding by the Rhode Island Science and Technology Advisory Council. The project aims to implement high-resolution technology to improve research and analysis of ecological processes in Narragansett Bay, including the area's response to climate change.

#### **CEMM Scientists Project Potential Impacts of Extreme Rainfall from Tropical Cyclone Scenarios**

CEMM's Tanya Spero collaborated with Anna Jalowska (CPHEA) and Jared Bowden (NC State University) to quantify potential impacts from extreme rainfall in tropical cyclone scenarios projected up to year 2100. The researchers used ORD-developed projections of regional climate change and developed a new method to explore how three recent and costly hurricanes (Floyd 1999; Matthew 2016; and Florence 2018) could impact eastern North Carolina under three scenarios. The researchers determined that rainfall from each of these hurricanes would be exacerbated under all three scenarios, with potentially devastating consequences for the region. Rainfall generated by Florence in 2100 (which caused over \$24 billion in damages in 2018) could occur as a widespread 1000-year event. Further, Florence 2100 could generate rainfall totals comparable to Harvey 2017, which had the highest rainfall intensities of any tropical event on the U.S. mainland in recorded history. The methods developed in this work could help manage stormwater, infrastructure design, water quality, agriculture, and socioeconomic impacts in areas across the U.S. that are susceptible to extreme rainfall. Read more about this research in their recently published article, *Projecting Changes in Extreme Rainfall from Three Tropical Cyclones Using the Design-Rainfall Approach*, in [Nature Partner Journal Climate and Atmospheric Science](#).

#### **CEMM Scientists Use Data Fusion Technique to Analyze U.S. Background Ozone**

CEMM's Rohit Mathur and Christian Hogrefe, along with a colleague from OAQPS, were coauthors on a recent paper led by researchers from Georgia Tech. The paper, *Estimating US Background Ozone Using Data Fusion*, was recently published in [Environmental Science and Technology](#). The study uses EPA/ORD's Community Multiscale Air Quality (CMAQ) air quality model and observational data to estimate U.S. Background (US-B) Ozone (O<sub>3</sub>). US-B O<sub>3</sub> is the amount of O<sub>3</sub> that would be present without U.S. anthropogenic emissions, which is important to understand when developing air quality management strategies. Using a data fusion bias adjustment method that combined observations and model results, the study estimated a 28 percent improvement in the agreement of adjusted US-B O<sub>3</sub> across simulations with an annual mean US-B O<sub>3</sub> ranging from 32 to 33 ppb (spring mean ranging from 37 to 39 ppb).

#### **CEMM Researchers to Sample Emissions from a Prescribed Agricultural Field Burn in Kansas**

CEMM's Brian Gullett and AMCD's Amara Holder and Bill Mitchell are conducting emissions sampling between March 28 and April 4, weather dependent. This work is part of a cooperative project with Region 7, U.S. Geological Survey, Kansas State University (KSU), and Kansas Department of Health and the Environment (KDHE) to determine how emissions will be affected if the agricultural burn season for Flint Hills, Kansas is extended from the standard spring prescribed burn into the fall. The Region and State hope to determine the impact of reducing the spring emission flux on air quality (ozone attainment for Kansas City) and health risk outcomes. ORD will assess the emission factors from both spring and fall burning and KSU has granted EPA

permission to conduct emission sampling at their Konza Prairie Biological Station. The researchers will also conduct a field test of sensor equipment to support A-E Research Area 7.3: Sensor Toolkit for Air Quality Assessment of Wildfire Smoke Impacts. This field test will use portable sensor-based smoke monitors near burning activities to measure the impact on local air quality. This project will help develop sensor measurement methodology to be used by State, Local, Tribal, and Federal partners.

#### **Community/Citizen Science Session for the E-Enterprise Leadership Council**

On April 7 and 8, ORD will lead a community/citizen science session at the virtual meeting of the E-Enterprise Leadership Council (EELC). The session will gather input from EELC members (State Commissioners, Tribal leaders and senior EPA leaders) on data management practices and challenges for using community/citizen science generated data in states, tribes and EPA programs. Additionally, the session will explore use cases/scenarios that might serve as the test bed to explore those issues and define the role for the EELC in improving data infrastructure for community/citizen science.

#### **SBIR Phase II Project Complete**

dTEC Systems LLC, an EPA SBIR small business out of Washington, recently completed their Phase II SBIR project. dTEC's SBIR work was focused on developing an innovative wastewater treatment system to maximize phosphorus and nitrogen removal. This technology is both cost-effective and energy efficient. EPA SBIR funding was instrumental for dTEC to make several upgrade modifications to their technology and allowed them to demonstrate effective results with full-scale implementations at Peshastin and Cashmere Wastewater Treatment Plants in Washington. dTEC is now focused on bringing their technology to market, which includes municipal and industrial wastewater treatment facilities.

#### **Now Accepting Abstracts for the 18<sup>th</sup> Annual EPA Drinking Water Workshop**

EPA's free annual drinking water workshop, held in partnership with the Association of State Drinking Water Administrators (ASDWA), will take place August 30 - September 2, 2021. The workshop will be virtual again this year and will provide in-depth information and training on solutions and strategies for handling small drinking water system challenges with a focus on monitoring, distribution, source, and treatment topics. The deadline to submit an abstract is April 20, 2021. [Information and Abstract Submission Details](#)

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## **In the Office:**

#### **STAR RFA Announcement and Informational Webinar**

[The Measurement and Monitoring Methods for Air Toxics and Emerging Contaminants of Concern in the Atmosphere](#) RFA has opened. EPA, as part of our Science to Achieve Results (STAR) program, is seeking applications for research to advance measurement and monitoring methods for air toxics and contaminants of emerging concern in the atmosphere that pose health concerns. The [informational webinar](#) will be held on April 28, 2:00 p.m. – 3:00 p.m. ET.

#### **In Progress - FY2022 Proposal Process for High-End Scientific Computing Resources**

The proposal process is open for High-End Scientific Computing Resources. Center approved proposals are due by May 10, 2021, however, Centers may have earlier due dates for Center review and approval. Each year, the Office of Science Information Management facilitates a competitive proposal process for scientists and researchers from the ORD to apply for competitive access to centrally-funded High Performance Computing and Environmental

Modeling and Visualization Laboratory (EMVL) resources through the Office of Mission Support's High-End Scientific Computing group.

High Performance Computing resources may include many-core Message Passing Interface jobs, high memory applications, General-Purpose computing on Graphics Processing Units processing and great customer support. EMVL services provide expertise in scientific computing and visualization in a wide range of disciplines, such as atmospheric modeling, computational fluid dynamics and toxicology, and bioinformatics.

To find additional information about proposal application details, please visit the [High – End Scientific Computing Resources](#) webpage, OMS's [High-End Scientific Computing](#) SharePoint site or contact Heidi Paulsen.

### **Today is the Deadline to Enter FY21 Second Quarter Data into TechTracker**

The second quarter for Fiscal Year 2021 ends today. To ensure that all FY21 second quarter data is in the TechTracker system, we are asking everyone to create any remaining entries for applicable technical support performed during the second quarter (January 1 - March 31, 2021) or add hours to existing FY21 entries as necessary for additional time spent on those tasks in that timeframe. Please have all applicable technical support hours for second quarter work entered into [TechTracker](#) by the end of the day. If you have any questions, please contact your Program Support Coordinator or the general ORD TechTracker contact.

### **2021 STAA Awards Nominations**

The 2021 Scientific and Technology Achievement Awards (STAA) nominations are open. STAA is an Agency-wide competition seeking nominations of our exemplary scientists who have had their scientific and technical research published within the last five years. They are judged by the Science Advisory Board (SAB); awarding those recognized for their outstanding scientific and technical work.

You can access the nomination link at <https://epaoei.lightning.force.com>. All nominations must be received no later than midnight (EST) Monday, April 12.

### **COVID-19 Response Resources**

As a resource for staff, the following information is repeated from previous weeks.

- The agency [Coronavirus Disease 2019 \(COVID-19\) Guidance and Information site](#) is available as a resource for employees on a variety of topics.
- The main page compiles agency communications about COVID-19, as well as guidance from the Office of Management and Budget and the Office of Personnel Management.
- The [EPA FAQs](#) are updated regularly and provide information on a range of topics, including telework, SEE enrollee and ORISE participant telework, retirement and separation from the agency during the COVID-19 response, and the onboarding process.
- An app and website have been developed to help users understand what to do next about COVID-19. The tool provides CDC recommendations on next steps including guidance on social distancing and self-isolating, how to closely monitor symptoms, recommendations on testing, and when to contact a medical provider. Employees can visit the Apple App Store and download the Apple COVID-19 App to their personal Apple devices or visit the [website](#).

As part of their online COVID-19 resources, CDC provides a [website](#) with helpful information for identifying and managing stress during this time as well as seeking help from a crisis helpline.

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## **Accolades:**

**Award from Chesapeake Stormwater Network**

CPHEA's Paul Mayer received the prestigious "Stone Roller" Award from the Chesapeake Stormwater Network. This award acknowledges the contributions of leaders that have made a difference in managing urban stormwater and restoring streams in the Chesapeake Bay Watershed. Paul was awarded the trophy for being "a voice of science and reason on the stream protocols, and a sage-out-of-the-watershed resource" in his development of stream restoration protocols for Chesapeake Bay. The stone roller is a fish commonly found in the Chesapeake Bay, and only 50 other Chesapeake Bay champions have received this award over the last decade.

**CEMM Researcher to be Honored by Aquatic Photochemical Community at ACS Meeting**  
CEMM's Richard Zepp will be honored for his contributions to the environmental photochemistry community at the American Chemical Society's Spring 2021 virtual meeting, held April 5-16. Organizers of the Aquatic Photochemistry session chose to honor Zepp in recognition of EPA's 50th anniversary and because of his leadership in the environmental photochemistry field. During the session, Zepp will present "Multifaceted Contributions of Light-Induced Reactions to Transformations of Contaminants and Natural Compounds in Aquatic Environments."

#### **CEMM Scientist Recognized in Office of Water Shout Outs Newsletter**

CEMM's Ken Fritz (WECD) was recently mentioned in the Office of Water's newsletter, *Shout Outs*. Fritz was recognized as part of a team that helped develop a new beta method recently released by EPA and U.S. Army Corps of Engineers. The method, called *Streamflow Duration Assessment Method for the Arid West*, can be used to rapidly assess streamflow duration and categorize streams as ephemeral, intermittent, or perennial. It was developed by an interagency team that conducted a study of stream reaches in different hydrologic landscapes of the arid western U.S. The method is part of an effort to develop Regional Streamflow Duration Assessment Methods that can, among other things, help to establish the jurisdictional status of streams for the Clean Water Act.

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## **In the Community:**

#### **Oregon State Hatfield Marine Science Center – Marine Science Day**

CPHEA is hosting a virtual "booth" for and presenting research on coastal acidification, nutrient and fecal pollution tracing, the benefits of nature, and innovative tools to track contaminated groundwater. The virtual tour also includes a video describing "A day in the life of a Coastal Scientist."

#### **CESER Researcher Educates College Students About Lead in Drinking Water**

Today, Simoni Triantafyllidou will present a high-level educational talk, "Research Perspectives on Modern Drinking Water Lead (Pb) Contamination Problems," to attendees of Rutgers University's Civil and Environmental Engineering Student Seminar. Students and professors attending the webinar will learn about the background of lead plumbing sources and lead corrosion, recent research collaborations on lead service line identification, sampling for lead in drinking water and field lead analysis during the presentation.

#### **Community Engagement & STEM Education Program Outreach Activities**

This week, CE-STEM will host 15 high school students in grades 10-12 from the Durham Public Schools' Scholars-at-Work Program. The 3-day, remote workplace immersion experience will place students with RTP companies to learn information that's relevant to their coursework. The experience will also help students chart career paths and build their resumes to make them more marketable upon graduation. While at EPA, the students will participate in virtual tours,

career conversations, and research panels. They'll also learn about EPA research through interactive activities.

Tomorrow, CE-STEM will present *Generate: The Game of Energy Choices* to members of the general public through an event with the North Carolina Science Festival. Participants will virtually play this interactive board game and learn about the costs and benefits of different types of fuel for electricity.

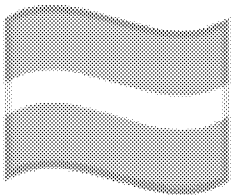
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## Diversity Equity and Inclusion:

### Transgender Day of Visibility: What It Is and What It Means

Written by: Marty Chintala (CEMM)

Have you seen this flag and thought, "I wonder what country that flag represents?"



Have you seen this emoji on your phone and thought, "I wonder what Greek letter that represents?"



Both of these symbols are used to represent the transgender community. The pink, blue and white flag was designed by Monica Helms in 1999. The light blue and pink stripes represent the traditional colors for boys and girls, respectively, and the white stripe in the middle represents transgender people who don't identify with a binary gender. The transgender emoji is a combination of the male and female pictograms used in science and was made widely available in 2020 by the Unicode Consortium, a nonprofit organization that sets the standards for emoji compatibility and releases new symbols.

A transgender individual is a person whose sex assigned at birth does not match their gender identity. How they express themselves is very personal: some only change their name and pronouns, some legally change their name and gender, some undergo hormonal therapy, some undergo gender (or sex) reassignment surgery, and some do a combination of these things. Transgender people face immense struggles in their daily lives and are a marginalized group, even within the LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual plus) community. Many of us only know about transgender individuals through media representations such as those seen in "Silence of the Lambs," "Boys Don't Cry" and "Orange is the New Black." Most of the time these characters are not played by transgender actors, but rather cisgender (person whose identity matches his/her sex assigned at birth) people. In these depictions, transgender individuals are often diminished while the non-transgender actors who portray them are praised for being brave to play the part.



A very good friend of mine is transgender. This individual tried very hard for much of her adult life to live as her birth gender required, and in 2003 she decided to have gender reassignment surgery. It was a very difficult decision and one that was not taken lightly. For those who are not aware, when an individual decides to undergo gender reassignment, it is a very involved process. My friend first had to undergo counseling to determine if she was ready for this surgery. She then had to live for a year as her desired gender. This was an especially difficult time because she lived in constant fear of “being found out” and subsequently judged and harassed (or worse). Then came the hormone therapy of taking estrogen and non-androgens so she would start to look more feminine. In addition to the extensive surgery, she also had electrolysis to remove her facial hair and surgery to reduce her Adam’s apple.

At the time she decided to transition, she was married with a child and was well known and respected in her field. Her wife understood what she was going through, and they are still together as a married couple. Like many transgender individuals, this transition was more complex than just a change in gender: she and her wife also changed from being a heterosexual couple to a homosexual couple and she also changed from being a father to being a mother. Many of the things that helped to shape her identity were taken from her at this time. As she transitioned, she was forced to move because of the reception that she received from her neighbors. Then she was forced to leave her job because co-workers who worked with her for years now did not want to have anything to do with her. Her father did not take the transition well and didn’t speak to her for a long time. She was lucky that she had a strong support network to help her navigate the turmoil she was facing every day. I am happy to say that things have turned out okay for her—their family is as strong as ever and she has a different job that is more fulfilling for her. I admire the courage and strength it took for her to accept who she is and be her true self.

March 31 is the International Transgender Day of Visibility—a time to celebrate transgender and non-binary people around the globe and acknowledge the courage it takes to live openly and authentically. It is a day to raise awareness about the discrimination and violence that transgender people face in our society. On this day, please take the time to celebrate their achievements and learn what you can do to support transgender people on this day and every day.

For more information on the International Transgender Day of Visibility:

<https://outandequal.org/how-to-celebrate-transgender-employees-on-tdov-and-year-round/>  
<https://www.hrc.org/news/human-rights-campaign-honors-international-transgender-day-of-visibility>  
<https://mashable.com/article/trans-day-of-visibility-2020/>  
<https://www.phila.gov/2020-03-12-10-things-you-can-do-for-transgender-day-of-visibility/>

For information on transgender scientists:

<https://www.sciencenewsforstudents.org/article/transgender-researchers-want-make-impact>  
<https://zoologicallyobsessed.tumblr.com/post/180237865524/the-transgender-scientists-that-changed-the-world>

## **Resources of the Week:**

March 31st is Transgender Day of Visibility (TDOV) - a day where communities come together to honor and celebrate the accomplishments of transgender and gender non-conforming people.

**Out & Equal published a new guide, How to Celebrate Transgender Employees on TDOV and Year-Round,**

Below are a few videos from Out & Equal (O&E) conferences that show transgender and gender non-conforming people sharing their stories and shaping their own narratives. Feel free to share and highlight these incredible people as you begin to think about ways to honor the people in your own lives and workplaces:

- [Landon Richie | Out & Equal Workplace Summit 2019](#)
- [Alex Dropp | Out & Equal Workplace Summit 2019](#)
- [Yasmin Vitória | Out & Equal Brazil Forum 2018](#)

"Visibility sends the powerful message: You belong here. You can make it, because I made it, too." — O&E CEO Erin Uritus

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## Faces of ORD: CPHEA's Lindsay Stanek



**Name:** Lindsay Stanek

**Job/Position:** Branch chief, Exposure Indicators Branch, Public Health and Environmental Systems Division

**L/C/O or Program:** CPHEA

**1. When did you start at EPA?** Officially in 2007. Prior to that I was part of a cooperative training agreement with UNC, which enabled me to do my graduate research at the former NHEERL in RTP. Then in 2006, I was brought on as one of the first ORISE post-docs with the former NCEA. I was officially hired by NCEA in May of 2007.

**2. What do you normally do in your job day-to-day?** I never quite know! There are usually some meetings and always responding to emails. But on particularly productive days, I get to look at science papers, guide research (these days focused on Pb exposure), and think of ways to promote and advance exposure science. Basically, keep all the balls in the air and hopefully cross something off my to-do list without adding too many new items to it!

**3. What have been some of your best remote working practices?** I'm an early riser, so it's nice to get my day started before emails arrive and meetings begin. I also try to walk our dog daily, which provides a nice work break. I do my best to only check email during normal work hours.

## **Ex. 6 Personal Privacy (PP)**